

## **Saturday, 6th August 2022**

Location: Llaneglwys (near Brecon)

Length: 9.5 miles      Grade: B

Leader: Peter Clark      Back Marker: Ian Rooney

To register: Contact Peter on 07794 736 135 (*by 'phone or text*)

Registration will open at 10am on Friday, 29th July 2022

Additional Information: The route of this walk offers a panoramic view to the South, taking in Hay Bluff, Mynydd Troed, Pen y Fan and around to the Carmarthen Fans.

*Please note that* there is one short steep section up a country lane in the middle of the walk.

*Please note also that* we will travel to the parking site at the start of the walk in convoy from Brecon.

## **Monday, 8th August 2022**

### **Monday Strollers:**

Location: St Teilo's and Pontarddulais

Length: 4 miles (approx)

Maximum Number of Participants: 20

Leader: Adrienne Francis      Back Marker: Huw Francis

To register: Contact Eileen on 07837 157 175 (*by text preferably, please*)

Registration will open at 10am on Friday, 5th August 2022

Additional Information: This leisurely stroll along a relatively flat route is a new walk for the Monday Strollers. The walk will take us along a boardwalk, a section of cycle path and footpaths. *Please note that* paths across the marsh can be muddy - walking boots are therefore essential. *Please note also that* there is a 'cut off point' after 3 miles.

### **Roamers by Bus:**

Location: Penllergaer Valley Woods

Length: 3 - 4 miles

Maximum Number of Participants: 20

Leader: Peter Davies Back Marker: Janice Evans

To register: Contact Peter on 07807 612 020

Registration will open at 10am on Friday, 5th August 2022

### **MONDAY WALK 3: TRIAL PERIOD**

There is no Walk 3 scheduled for this Monday at the moment.

Details will be sent out separately at the weekend if one becomes available.

**Wednesday, 10th August 2022**

### **'90th Birthday Celebration' Walks**

#### **Walk 1:**

Location: Bryn / Llangennech

Length: 5 miles (approx) Grade: C

Leader: Monica Rees Back Marker: Linda Thomas

To register: Contact Monica on 07518 792 916 (*by text preferably, please*)

Registration will open at 9am on Sunday, 7th August 2022

Additional Information: Walking boots are recommended for this walk.

#### **Walk 2:**

Location: Troserch Woods

Length: 7.5 miles Grade: C+

Leader: Dave Sealey Back Marker: Phil Rogers

To register: Contact Dave on 07527 225 769 (*by phone or text*)

Registration will open at 9am on Sunday, 7th August 2022

**Saturday, 13th August 2022**

Location: Merthyr Mawr (from Porthcawl)

Length: 10 miles      Grade: C

Leader: David Workman      Back Marker: Dai Roach

To register: Contact David on 07885 759 984 (*by text preferably, please*)

Registration will open at 10am on Monday, 8th August 2022

Additional Information: The route of this walk will take us from Newton along the coast path towards Merthyr Mawr. At some stages we will walk on the beach to avoid the soft sand! We will be treated to plenty of good views of the estuary and towards Ogmere as we walk! We will then visit the old village of Merthyr Mawr before taking a path uphill northwards and returning to Newton along a path through Cwm y Gaer Woods.